Welcome to the Summit

– Hello and welcome to the kick off day of the Environmental Toxicants Autoimmunity and Chronic Diseases Summit. We have so much amazing information and rock and speakers for you. But before we dive in, I think it's both of us were really committed to ensuring that this is a useful, valuable empowering, inspiring event for you. And we all need to be on the same page like why are we doing this? So let's talk about why we're doing this.

Hit it. – Yeah, I think it's actually part of it is the excitement in terms of like making a profound difference we've seen between us thousands of patients that this makes a difference for from just simple things like losing, being able to lose weight, growing your hair back.

Why This Summit Matters

– You gonna keep naming things. I'm gonna raise my hand for – Energy? What else? – Pick me brain function, immune function, got function, sexual, sexual, sexual health fertility, menstrual function, perimenopause transition, autoimmune diseases. You name it.

We cover. – That's why we're so excited because it can make such a profound difference in such a wide variety. So bigger ways. So what I want to kind of, we wrote this book dirty girl, right? – Yeah. Blood sweat and tears man.

– We spent a lot of time and energy on it, but really it's your story. So maybe you can start with talking about your story about why, why actually got, how did, how did this happen? – So it just this is going to be the condensed version just for the record because you know there's a lot of pain points in my story.

So okay. So where do you want to start? Like, okay, so let's start with genetically. I said this to my parents by the way, I said I love you. I'm delighted that you reproduced but you two have the worst genetics together. You should never have had Children.

And they were like, what? So genetically, – Thank you for passing on to our kids. – Were married by the way. So genetically, I have multiple copies of all the stuff you don't want to have.

So I have two copies of the M th Fr Jean. I have two copies of the Celiac Jean. I have two copies of the vitamin D deficiency gene and then a number of copies of like one offs like one C O M T.

Wendie's Health Journey Begins

So I started life not in the pole position genetically and then layered on top of that in early life, I had multiple ear infections, strep throat, I had pneumonia when I was six months old.

So I got antibiotic on antibiotic, an antibiotic. – And as you'll hear Antibiotics are interesting, but it's really what they do to the microbiome, which is the bugs in the gut. So, and as you'll hear throughout our summit, how important the microbiome is. It's actually, in fact, some ways more important it gives more genes to us than are actually genetic code.

So that was not a great start. – We're outnumbered 10-1. Okay. Fast forward to age 15. I have anemia and it is not responding to iron and oh my God, I took iron and this is before they had the iron that didn't make you constipated and I took it three times a day and it didn't do Jack squat.

Fast forward again to my 20s when I had, let's just say room clearing gas. I thought most people had a better cork than I did. I had brain fog. I had irritable bowel full on irritable bowel. But because it's all I had ever known, I never really questioned it. Is this just the way it was?

I can't believe he married me honestly. So fast forward again to age 35. I'm on my second kid. – I think I have to – Qualify this. – I have to add the now she says she has brain fog and she's got her MD, MBA. So what would happen if you didn't have – Who could I have been, – You could have had your JD two. – I thought you were going to riff on me for losing a car because I lost a car. I had brain fog in med school.

Yeah. So, man, it was painful though. I worked it. So okay. Fast forward to 35 I feel awful head to toe. My hair is falling out. I have, I still have brain fog. I have thyroid issues.

Asthma. All got issues sometimes on the same day, bloating gas, diarrhea, constipation, you name it same day. Terrible gas. I had fertility issues which I made up for terrible periods, heavy periods I was wasting. So I was like a lot thinner than I am now.

Even I had nutritional deficiencies across the board and everything hurt like my hands hurt, my joints hurt, my feet hurt. And my husband says, well, our insurance is changing. So why don't you go see my mentor before you, before we lose our good insurance? Go see my mentor.

And I did, do you remember the ride up there? I said we have a six week old in the back. She's howling. They all hated the bucket seat. She's howling.

And I said to Ed call him. He's like we're gonna be there in 15 minutes. I'm like, I don't care. I can't wait another minute. It's been six weeks. Call him.

So being the nice woman, man, he is and knowing that postpartum women aren't in, I was not in full capability and brain function at that point, he just humored me. So he calls his mentor and says, I'm really sorry to bug you. I know we're gonna be there in 15 minutes, but Wendie is freaking out what's going on.

And you remember? He said she's not gonna like this. And they said, oh my God, do I have diabetes? I'm never gonna stick my fingers. I can't do it. It hurts too much.

Perimenopause and Environmental Toxin Exposure

He said, no, you don't have diabetes. You have celiac. And I said, oh, my dad has celiac. Yeah, it's genetic. I never knew that. So in 30 at age 35 I was diagnosed with celiac, which was the moment that started the trajectory to be in a different direction. So that was my first and at this point, only autoimmune disease and hopefully ever only autoimmune and the resolution is avoidance of gluten except I had so many years of dysfunction that I had to untangle the gut irritability, the candida, the residual imbalance in the microbiome.

So I've spent a lot of years figuring that out. And then fast forward to peri menopause. Peri menopause is not kind. I'm just gonna say he lived through it.

So that's our next book that'll come out in a year or so. So. Fast forward to Peri menopause, we return from this amazing vacation and I gain £9. My hair starts falling out in clumps and I have a rash on my face that I want to rip my face off.

Like every day I'm like rubbing on in it was red everywhere. And I didn't know what was going on and fast forward. A little few months later, what we learned was that amazing vacation we had been on in Paris right after Notre dame burned actually was a lead exposure because when Notre dame burned, 500 tons of lead dust were released into the surrounding environment.

And the closer you were, the more exposure you got and the further you were, the less this makes sense, right? We were right there for a week and I got sick the week after we came back.

So I looked at it and I was like, oh my God, I got a lead exposure and it was enough to tip me over the edge. I did the testing and sure enough, I had lead mercury and then I figured in for a penny in for a pound, I'll do the rest of the testing. I had five strains of mycotoxins and a range of other environmental toxins like the toxins in nail polish

bleach toxins from plastics, toxins from V O C s. And I looked at Ed and this is why we wrote the book. I looked at Ed and I said I am such a dirty girl and that, that really bore the title of the book because what I said, we have for many years been eating organic and not using docs in our paints when we paint things and trying to lead a clean life. And if as what I would consider to be the poster child for healthy living, we eat right. We exercise, we sleep, we're not stress balls. I will go a million miles a minute.

But that's just who I am. If we're that and I have all these toxins, what is the general population have? So, here we are looking at how can we alter our future? Which looks like chronic disease?

Yeah. Excuse us for that performance issue. We fixed that too. So anyway, the question is, how do we alter the future? Which looks like chronic disease such as obesity, diabetes, chronic fatigue, thyroid malfunction, cancer, degenerative diseases.

Alzheimer's Parkinson's, that's not a future that we stand for. We stand for a future where you are vital, vibrant, healthy, able to be an interested in intimacy until you're at least 100 and that every decade you get better than the one before.

So that's why we put on this summit to give you a different future than your past and a different future than what you might be facing. – Yeah. Now and we're excited.

We have our first day is just chock full of people. We have Isaac Eliaz, – Collecting three.

Day One Speaker Lineup

I ordered my first collected three after talking about yes. Yes. – And we have Terry Wahls. – That was probably the most inspiring conversation I've ever had where she talks about being wheelchair bound.

And if you know terry walls, she is not wheelchair bound. – No. And and not only is she no longer wheelchair bound, she's making a profound, profound, profound difference in people's lives like constantly, which is just amazing.

– And then back to the theme of younger Kara Fitzgerald, who is a researcher and looks at what are the things you need to do to actually be younger. How do you get there from here?

– Rainbow phytochemicals, how to eat well, how to get all the nutrients, all the phyto nutrients. And just do it in a brilliant way. So, – And then there's Joel Kahn, who by the way, I grew up on the same street as my family in Detroit. He said, oh, I know some Trubows I said, well, they're my family. He's out in Detroit and it was just such a small world moment. But he was so funny when he came on the summit, he was exercising because he never stops moving. So he protects his heart.

And we had to say, well, you can't move too much. It's very distracting. – He is a Cardiologist. – Yes, he's all about heart health and, and the day just gets better and better. So these are the people and there's even more.

But you're gonna want to pay attention to those nuggets because in those interviews, you're going to find the way to reverse chronic disease, reverse heart disease, be younger, feel younger, improve your mitochondria and, and reverse autoimmune disease, reverse multiple sclerosis.

– And our suggestion is you might vibe with some of the speakers, you may vibe with only one or two of the speakers, really take the time and really listen. And even if you get one or two nuggets, it's not, it's, you're gonna be better off for it. – Yeah.

And that's actually one thing we would say is for anyone who wants to go back and listen to it again, you missed something.

How to Get the Most from the Summit

They said we do have this for purchase, you'll be able to click it and you'll have it for your use. Ongoingly, which we would highly recommend because it's impossible to absorb everything In one go because like Ed said, you might get two nuggets, but there's 30 in every talk. So – These are really the top, top people in the field.

We are extremely lucky to have these people on our summit. – This is the coolest lineup we've ever seen honestly. So buckle up, enjoy the ride and have an amazing time.

Let us know if you have any questions. We're always here for you. Have a great time.